

Well-being resources – website links

Resource	Link
<p>Cosmic Yoga Zen Den Mindfulness YouTube - up to 6 mins</p> <p><i>Short videos to support the development of a positive mind set such as good concentration, or an ' I can' attitude.</i></p>	<p>The 'I can't' monster https://www.youtube.com/watch?v=jzYtNWjQiK0 Superpower listening https://www.youtube.com/watch?v=jJ9zpRAPIuI Be the pond (develop focus) https://www.youtube.com/watch?v=wf5K3pP2IUQ Candles of concentration - https://www.youtube.com/watch?v=yx_8bnRYL08&list=PL2C5mJfm9jH8li4QCURsvfixUDPhchgHn&index=12&t=0s Hidden treasure https://www.youtube.com/watch?v=gj9mTHs46DY Monkey Mind - https://www.youtube.com/watch?v=h2cSCCUpVZQ&list=PL2C5mJfm9jH8li4QCURsvfixUDPhchgHn&index=16&t=0s Thought Bubbles https://www.youtube.com/watch?v=xUUq0HuSLS0&vl=en-GB Den How to make good choices https://www.youtube.com/watch?v=6cxt_Ki4GSo Mini the puppy https://www.youtube.com/watch?v=K7FUbTac_ds&vl=en-GB The owl and the Guard Dog https://www.youtube.com/watch?v=so8QN9an3t8 Whirly Burly Snowstorm https://www.youtube.com/watch?v=nqQN4ugzi_g Mine! https://www.youtube.com/watch?v=VUs9WxPGoGU Thought Bubbles https://www.youtube.com/watch?v=xUUq0HuSLS0</p>
<p>Cosmic Yoga – Peace Out Guided meditation sessions YouTube – up to 8 mins</p> <p><i>Activities to join in with to calm and focus.</i></p>	<p>Peace Out https://www.youtube.com/watch?v=ZBnPlqQFPKs Moon & Stars https://www.youtube.com/watch?v=QQCnWvwr08U Sleeping Dragon https://www.youtube.com/watch?v=ELOads7rbxE Cosy cats guided mediation https://www.youtube.com/watch?v=2TFuFd4iFOY Space Breathing https://www.youtube.com/watch?v=2TFuFd4iFOY Friendly Wishes https://www.youtube.com/watch?v=HtYIQiXyrsE</p>
<p>Moovlee Monkey – guided breathing & calming exercises YouTube – 6 mins or less</p> <p><i>Join in the short breathing and calming activities with Moovlee Monkey.</i></p>	<p>Breathing seated exercise https://www.youtube.com/watch?v=TXYHdRP8DsA https://www.youtube.com/watch?v=Ueq1iSR5TyM https://www.youtube.com/watch?v=cyvuaL_2avY&list=RDCMUCsSS5kMpKCaJ_HhTM9-HKHg&start_radio=1 Sun salute - https://www.youtube.com/watch?v=TYo5BSbA4vg&list=PLgSMIhBpFrcook04xeD4LyJVMOY7BX6-R Stand up stretches https://www.youtube.com/watch?v=M_al5_NmlvQ&list=PLkQMR1xLaMovAMaf6hfFzARI283zIEBQK Calming down after BIG emotions (7 mins) https://www.youtube.com/watch?v=LUG1Nhv037s Moon meditation https://www.youtube.com/watch?v=YYRLI3t7q0Y</p>